

**Kinhin**  
**Walking Meditation**

1. When the Jiki ends the sitting period with a bell, bow and stand up with hands in gassho (prayer position).
2. Jiki will clap the clackers two times.
3. Bow and keep hands in gassho.
4. Jiki will lead the kinhin line. When Jiki passes the first person, he/she will put their hands in shashu position\* and join the line about an arm's length behind the Jiki.
5. People on the Jiki side will join the line in similar fashion.
6. Once the kinhin line has started moving out of the circle, Tanto will put hands in shashu position and begin walking down his/her side of the zendo. As Tanto passes people, their hands drop from gassho to shashu, and they join the line.
7. During kinhin, you may bow to leave the line for bio breaks. The line will then close the gap so that there is always an arm's length between people.
  - When you return to the zendo, wait with hands in shashu. When your spot in line approaches, put hands in gassho
  - Hopefully, the person in line behind your spot will mindfully allow a gap to form so that you may enter the line seamlessly.
  - Once in line, hands return to shashu
8. When the Jiki claps once, put hands in gassho and quickly walk back to your cushion.
9. When Jiki rings the inkin once, bow and take your seat. Prepare for meditation.

**\*Shashu Hand Position**

Grab your left thumb with your right hand, making a soft fist with the right hand. Gently place the fingers of the left hand over the right, left fingers parallel to the floor. Rest both hands in a comfortable place on your torso.

You may reverse hand positions if more comfortable.